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Cooking
with

**SOYA
FLOUR**

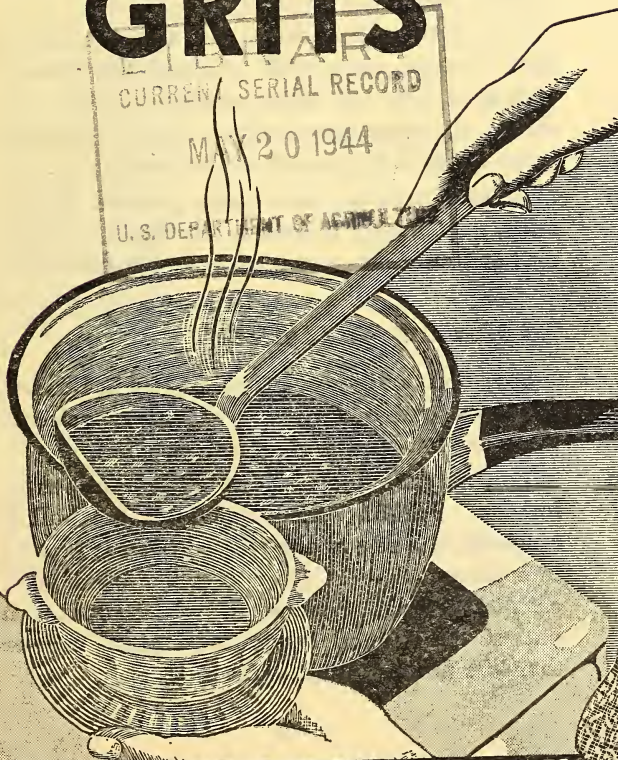
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GRITS

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Revised

GET ACQUAINTED WITH SOYA

Soya flour and soya grits . . . two highly nourishing foods from the up-and-coming soybean . . . they're on the market now.

These soybean products aren't entirely new, but because of the war they have been studied, improved, and given new jobs. They are adding to the protein, vitamin, and mineral value of dry soup mixtures and other foods for refugees . . . of lend-lease supplies . . . and rations for troops overseas.

Now, enough soya flour and grits are being produced, not only for special war requirements but also to make large quantities available for civilians in the United States.

Protein . . . Vitamins . . . Minerals

Soya flour and grits are valuable foods any time, and particularly important in today's food picture because of their protein.

Soya protein has almost the same quality as that in meat, eggs, milk, cheese. Let protein-rich soya help out when supplies of these run short. In many meat recipes, soya can take the place of 20 to 25 percent of the meat.

Besides protein, soya foods provide B vitamins, particularly thiamine, riboflavin, and niacin; and minerals—iron, calcium, phosphorus.

To Market, To Market

Soya flour and soya grits are put up in 1-pound packages, and in larger or economy packages. They are low-cost, protein-rich foods.

You may find soya flour labeled full-fat or low-fat. Full-fat means that after the hull is removed, the rest of the treated bean is ground into flour. Low-fat flour is made from press cake left after all, or nearly all, of the oil is taken out of the treated bean. Soya grits—coarser than the flour—are a low-fat food.

All of these soya products are treated by heat, which improves the flavor and protein value.

Flour or Grits?

For best results some recipes in this folder call for soya flour and others for grits. In general, soya flour goes best in recipes containing finely ground flour, such as wheat or rye, and soya grits with the more coarsely ground meals.

Try soya flour in breads, cream soups, sandwich fillings, scrambled egg roll.

Try soya grits with meat and fish dishes, in an omelet, a vegetable casserole, with hot breakfast cereal, in spoon bread, Indian pudding.

Flour or grits go equally well in some recipes. Take your choice when it's sausage cakes, potato cakes, dumplings, some soups, and puddings.

For Success With Soya

Follow directions—use the right amount in the right way. The main job of soya is to step up nourishment. Don't expect it to take the place of wheat flour in thickening a sauce or gravy or as the only flour in bread making. It hasn't the necessary starch and gluten, although it does take up moisture and give body. Note that you use a good deal of liquid in almost every recipe.

Soya flour and grits may pack down in the package, so stir them up well before measuring. When using small amounts of soya flour, sifting isn't necessary. In baked products, such as bread and quick breads, however, you will have better results by sifting.

Be generous with seasonings. When you mix soya with meat or other flavorful foods, you spread out the flavor so that it's milder.

You can count on foods with soya browning quickly. The soya products give a richer brown to baked foods and a crisper crust to sausage, fried mush, and potato cakes.

Store soya products just as you should store other packaged foods—cool and dry.

Recipes in this pamphlet are for 6 servings.

A GOOD MIXER WITH MEAT

Soya Meat Loaf

$\frac{3}{4}$ pound ground meat	$\frac{3}{4}$ cup soya grits
$1\frac{1}{2}$ cups vegetable stock, tomato juice, or milk	2 tablespoons chopped parsley
2 ounces salt pork, diced	2 teaspoons salt
2 tablespoons chopped onion	$\frac{3}{4}$ cup bread crumbs
$\frac{1}{2}$ cup chopped celery	$\frac{1}{8}$ teaspoon pepper

Select one kind of meat or a mixture of two or more kinds. Blend the vegetable stock, tomato juice, or milk with the meat.

Fry the salt pork until crisp, remove from the fat. Cook the onion and celery in the fat for a few minutes. Add all the ingredients to the meat and mix well.

Mold the loaf on a piece of tough paper. Place paper and loaf on a rack in an uncovered pan and bake in a moderate oven (350° F.) for 1 to $1\frac{1}{4}$ hours, or until well done and brown.

Soya Scrapple

$1\frac{1}{2}$ pounds pork (bony pieces)	$\frac{1}{2}$ cup soya grits
$1\frac{1}{2}$ quarts hot water	$2\frac{1}{2}$ tablespoons onion pulp
$1\frac{1}{2}$ cups corn meal	Thyme, sage, or celery seed, if desired
5 teaspoons salt	

Let the pork simmer in the water until meat drops from the bones. Strain off the broth. Separate meat from bones, taking care to get out all tiny bits of bone. Chop the meat fine.

There should be about 5 cups of broth . . . if necessary, add water to make 5 cups. Bring broth to boiling. Slowly add the corn meal and 1 teaspoon of the salt. Cook over direct heat, stirring constantly for 5 minutes; then cook covered over hot water 1 hour. Add the chopped meat, soya, onion, 4 teaspoons salt, and other seasoning if wanted.

Rinse loaf pans in cold water and pour the hot scrapple into the dampened pans to cool and become firm. Slice scrapple, dip in flour, and brown in a little fat.

Soya Tamale Pie

1 cup corn meal	½ cup green pepper
1 cup cold water	½ cup chopped celery
3 cups boiling water	½ pound ground beef
2 teaspoons salt	2 cups tomato pulp (no juice)
2 tablespoons diced salt pork	Salt, pepper, chili powder
½ cup chopped onion	½ cup soya grits

Mix the corn meal and cold water, add the boiling water and salt. Cook over hot water for 1 hour.

While the corn meal cooks, fry the salt pork until crisp. Add the onion, green pepper, and celery and let them cook a few minutes. Stir in the ground beef and cook until it browns lightly. Then add the tomato pulp and let the mixture simmer 15 to 20 minutes. Add seasonings to taste.

To the cooked corn meal mush add the soya. Make a layer of the mush in a greased baking dish, saving out enough mush for a top layer. Fill in the vegetable-meat mixture and top off with mush. Bake in a moderately hot oven (400° F.) about ¾ hour, or until the mush browns. Serve the pie hot from the dish.

Soya Chile Con Carne

½ pound dried chili or red kidney beans	½ cup soya grits mixed with ½ cup water
½ cup diced suet, or ¼ cup other fat	1 to 1½ tablespoons chili powder
1 onion, chopped	Salt, paprika
¾ pound ground beef	

Soak the dried beans in 1 quart of water overnight. Let them simmer slowly in the same water until tender, adding more water as it is needed.

While the beans cook, fry the suet until crisp, or heat other fat. Add the chopped onion and ground beef and cook slowly, stirring until the meat is lightly browned. Add this meat and the moistened soya to the beans.

Season and simmer 15 to 20 minutes, adding a little water if needed. Serve piping hot.

Soya Meat Balls

½ pound ground beef	2 tablespoons onion pulp
¼ cup soya grits mixed with ¼ cup water	1½ teaspoons salt
¼ cup soft bread crumbs	Pepper

Mix ingredients together well, and form into small balls or cakes. Cook slowly in a little fat until browned lightly, then serve.

Or put the cooked meat balls into a baking dish, with cooked macaroni or spaghetti. Add tomato or brown sauce (p. 19) and bake in a moderate oven (350° F.) 20 to 25 minutes.

Soya Meat Stew

½ pound beef or lamb	½ cup diced carrots
1 tablespoon fat (or suet from the meat)	1¼ teaspoons salt
2½ cups hot water	Pepper
1 cup diced potatoes	½ cup soya flour
2 tablespoons chopped onion	1 tablespoon flour
	½ cup cold water

Cut meat into medium-sized cubes, sprinkle with flour, and brown in the fat. Add the hot water and simmer until meat is tender. Add the vegetables and cook until tender but not broken. Season with salt and pepper. Blend the soya and flour with the cold water, add to the stew, and cook until thickened. Sprinkle with chopped parsley, if desired.

Fried Pork and Rice With Soya

1½ tablespoons fat	1½ cups cooked rice
¼ cup chopped celery	¾ cup chopped cooked pork
¼ cup chopped onion	½ cup soya grits mixed with ½ cup water
¼ cup chopped parsley	
Sage, if desired	
1½ teaspoons salt	

Melt the fat, add vegetables, seasonings, rice, and pork. Cook slowly, stirring occasionally. Add the moistened soya and continue to cook over low heat until lightly browned.

Or form mixture into cakes, after adding moistened soya grits, and cook in a little fat until golden brown on both sides.

Soya Sausage

Mix well together $\frac{1}{4}$ cup soya flour or grits and $\frac{1}{2}$ pound all-pork sausage meat. Shape into cakes and fry slowly to form a tender crust. This makes 6 medium-sized cakes.

Creamed Dried Beef With Soya

$\frac{1}{4}$ pound or about 1 cup	3 tablespoons flour
dried beef cut in small	3 cups milk
pieces	$\frac{3}{4}$ cup soya flour
3 tablespoons table fat	

Cook dried beef in the fat until it curls slightly. Sprinkle meat with flour, and blend. Stir in half the milk. Add the soya which has been mixed until smooth with the remaining milk. Stir and cook slowly until thickened.

Creamed Meat or Poultry With Soya

Add chopped or ground-cooked pork, ham, or chicken to a soya white sauce (p. 19), or mix ground or chopped beef, veal, or lamb with a soya brown sauce (p. 19). Serve as filling for soya biscuits, or pour over toast, waffles, potatoes, rice, macaroni, or soya stuffing (p. 12).

Soya Liver Loaf

$\frac{1}{4}$ cup diced salt pork or	$\frac{1}{4}$ cup chopped parsley
bacon	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{3}$ cup chopped onion	2 dashes pepper
$\frac{1}{2}$ cup chopped celery	1 cup cooked rice or
$\frac{1}{2}$ pound beef liver	hominy grits
1 cup water	1 cup soft bread crumbs
$\frac{1}{2}$ cup soya grits	

Fry the meat until crisp and remove from fat. Cook onion and celery in fat a few minutes and remove. Cook liver in the same pan, turning frequently until some of the red color disappears. Remove any gristle and grind liver with coarse grinder. Pour water into frying pan to obtain all liver juices and add with soya and other ingredients to the liver. Blend well. Mold into a loaf on heavy paper, place on a rack in a shallow baking pan, and bake in a moderate oven (350° F.) for 45 minutes.

TO MAKE FISH, EGGS, CHEESE GO FURTHER

Soya Codfish Cakes

$\frac{1}{2}$ pound salt codfish $\frac{1}{2}$ cup soya grits mixed
 (package form) with $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups hot seasoned 2 eggs, well beaten
 mashed potatoes

Soak the codfish in cold water to remove some of the salt. Drain and add fresh water; then simmer until the fish is tender. Place fish in a double layer of cheesecloth; press out all liquid. Shred fish and remove all bones.

Mix the mashed potatoes with the fish, the soya-milk mixture, and beaten eggs. Make into cakes, dip lightly in flour, and fry in a little fat until the cakes are golden brown on both sides.

Soya Scrambled Egg Roll

3 eggs $\frac{3}{4}$ cup drained cooked
3 tablespoons water peas, snap beans, or
 $\frac{3}{4}$ cup soft bread crumbs other vegetable
 $\frac{1}{3}$ cup soya flour mixed $\frac{1}{2}$ teaspoon salt
 with $\frac{1}{2}$ cup water Pepper

Beat the eggs slightly, add the water, beat until light and thick. Combine bread crumbs, moistened soya, vegetable, and seasoning. Fold gently into the beaten egg. Pour into a little fat in a hot frying pan and cook slowly until the egg browns. Roll and serve.

Soya Omelet

4 egg yolks 4 egg whites with $\frac{1}{4}$ cup
 $\frac{1}{4}$ cup soya grits mixed water added
 with $\frac{1}{4}$ cup water 1 tablespoon fat
 $\frac{1}{2}$ teaspoon salt

Separate the eggs and beat the yolks until thickened. Stir in the moistened soya and blend thoroughly.

Add the salt to egg whites mixed with the water, and beat until stiff. Fold the egg yolk mixture gradually into the whites; then pour into a frying pan containing the melted fat. Cover and cook slowly over low heat until set around the edge. Remove the lid, and cook

in a very moderate oven (300° F.) for 15 to 20 minutes.

Sprinkle with grated cheese, if desired. Fold over and serve.

Soya Scrambled Eggs

Beat 4 eggs slightly, add $\frac{1}{4}$ cup water and 1 teaspoon salt, continue beating until thick and light. Mix $\frac{1}{4}$ cup soya flour with $\frac{1}{2}$ cup milk, stir into egg mixture with 1 tablespoon fat and a dash of pepper. Cook over low heat or hot water, stirring constantly until set.

Soya Cheese Souffle

2 tablespoons fat	$\frac{1}{4}$ cup soya grits or flour
2 tablespoons flour	$\frac{3}{4}$ teaspoon salt
1 cup milk	4 eggs, separated
$\frac{1}{2}$ cup grated cheese	

Melt the fat, blend in the flour, then the milk. (If soya flour is used, save out $\frac{1}{4}$ cup of the milk.) Stir and cook over low heat until sauce thickens. Add the cheese and stir until it melts. Add the dry soya grits, or soya flour mixed with the $\frac{1}{4}$ cup milk. Season.

Beat the egg yolks and whites both well. Mix sauce with egg yolks, and fold in the stiffly beaten whites. Pour into a greased dish and bake in a very moderate oven (300° F.) for about 1 hour or until the mixture sets. Serve hot.

Soya Welsh Rabbit

2 tablespoons fat	$\frac{1}{4}$ cup soya flour
2 tablespoons flour	1 cup mild cheese shaved thin
$\frac{1}{2}$ teaspoon salt	
Dash of cayenne	1 egg, well beaten
$2\frac{1}{2}$ cups milk	

Melt the fat, blend in the flour, salt, and cayenne. Mix some of the milk with the soya, turn into remaining milk, and add to fat-flour mixture. Cook over hot water, stirring until slightly thickened. Add the cheese, beat until it melts. Pour a little sauce into the beaten egg; then pour all back into the sauce and cook 2 or 3 minutes longer. Serve on toast or crackers.

WITH VEGETABLES FOR A MAIN DISH

Creamed Vegetables With Soya

Combine soya white sauce (p. 19) with cooked drained vegetables—1 cup white sauce to 2 cups cooked and seasoned vegetables.

For a baked dish. Put alternate layers of the cooked vegetable and soya white sauce or soya cheese sauce in a greased baking dish. Top with bread crumbs blended with a little table fat. Bake in a moderate oven (350° F.) until heated through and brown on top.

Rice, Tomato, and Cabbage Casserole With Soya

$\frac{3}{4}$ cup rice	4 tablespoons flour
$\frac{1}{4}$ cup chopped onion	2 tablespoons fat
$\frac{1}{2}$ cup soya grits	Pepper
3 teaspoons salt	6 cups chopped cabbage
2 cups or 1 No. 2 can tomatoes	(1½- to 2-pound head)

Cook the rice until tender in 1½ quarts of lightly salted boiling water. Fry the onion in a little fat or drippings until yellow. Mix lightly with the cooked rice, soya, and 2 teaspoons of the salt. Thicken tomatoes with blended flour and fat; add remaining salt and pepper.

Cook the cabbage in 1 cup lightly salted boiling water until nearly tender. Drain and save liquid (about ½ cup).

Make layers of the rice mixture, cabbage, and tomato sauce in a greased baking dish. Pour cooking water from the cabbage over the last rice layer and top off with tomato sauce. Bake in moderate oven (350° F.) for 20 to 30 minutes.

Soya Potato Cakes

Blend ¼ cup soya grits, previously mixed with ¼ cup milk, with 2 cups of seasoned mashed potatoes and 1 teaspoon of salt. Pat into cakes, dip lightly in flour, fry in a little fat. If soya flour rather than soya grits is used, leave out the ¼ cup milk.

Scalloped Eggplant With Soya

1 medium-sized eggplant	2 teaspoons salt
2 cups cooked tomatoes	Pepper to taste
1 small onion, chopped	$\frac{3}{4}$ cup soft bread crumbs
$\frac{1}{2}$ green pepper, chopped	$\frac{1}{4}$ cup soya grits mixed with $\frac{1}{4}$ cup water
2 tablespoons table fat	

Pare the eggplant, cut into small pieces, and cook with tomatoes for 15 minutes. Cook onion and green pepper in $\frac{1}{2}$ tablespoon of the fat until yellow, and add with seasonings to tomato and eggplant. Mix lightly. Melt remaining fat, stir in bread crumbs, and add moistened soya. Place alternate layers of vegetables and soya-crumbs mixture in a greased baking dish, saving out enough crumbs for the top. Bake in a moderate oven (350° F.) for 45 minutes.

Soya Spinach Timbale

$1\frac{1}{2}$ cups milk, scalded	1 teaspoon finely chopped onion
1 egg, well beaten	
$\frac{1}{4}$ cup soya flour	$1\frac{1}{2}$ teaspoons salt
1 cup cooked spinach, chopped	Pepper
	1 tablespoon melted fat

Pour hot milk into the beaten egg, and add other ingredients. Fill greased custard cups with the mixture, set in a pan of hot water, and bake in a moderate oven (350° F.) until firm in the center. Remove from cups and serve.

Use carrots, or kale, or asparagus in place of the spinach if desired.

Stuffed Green Peppers With Soya

6 medium-sized green peppers	$\frac{1}{4}$ cup chopped celery
2 cups flaky cooked rice	$\frac{1}{4}$ cup chopped parsley
$\frac{1}{2}$ cup soya grits, mixed with 1 cup tomato juice and pulp	2 tablespoons chopped onion
	$1\frac{1}{2}$ teaspoons salt
	Pepper

Cut peppers in half lengthwise, remove seeds and stringy portion, and boil peppers in lightly salted water for 5 minutes. Drain. Toss other ingredients together lightly and stuff the pepper shells. Place in a shallow pan with a little hot water. Bake in a moderate oven (350° F.) for about 30 minutes, or until lightly browned.

Soya Vegetable Stew

3 medium-sized potatoes, cut	3 cups boiling water
1½ cups sliced carrots	3 teaspoons salt
3 onions, quartered	2 tablespoons flour
2 tablespoons fat	½ cup soya flour
1½ cups cut snap beans	Pepper

Cook the vegetables, except snap beans, in the fat until lightly browned. Add the beans and cook in the boiling salted water until almost tender. Remove ½ cup of the liquid, cool, and blend with flour and soya. Add some of the hot liquid, mix thoroughly, and return to the stew. Stir gently and cook until thickened. Serve around Soya Stuffing.

Soya Stuffing

1 cup cut celery	¼ cup soya grits mixed with ¼ cup water
½ cup chopped parsley	1 egg, well beaten
3 tablespoons chopped onion	1 teaspoon salt
3 tablespoons fat	Pepper
3 cups soft bread crumbs	

Cook celery, parsley, and onion in the fat for a few minutes. Combine with remaining ingredients and stir until well blended. Press lightly into a greased baking dish and bake in a moderate oven (350° F.) for 30 minutes. Turn out onto a platter and surround with Soya Vegetable Stew.

For variety, serve stuffing with creamed left-over meat or chicken.

Soya Harvard Beets

⅓ cup sugar	½ cup vinegar
2 teaspoons cornstarch	2 tablespoons soya flour
1 teaspoon salt	1 tablespoon table fat
½ cup beet liquid or water	4 cups cooked beets

Mix the sugar, cornstarch, and salt. Gradually stir in liquid from canned beets or water, and blend thoroughly. Bring to boiling point, stirring constantly. Cover and cook over hot water for 10 minutes. Blend vinegar with soya, stir into sauce, and cook for 10 minutes longer. Stir in the fat. Pour beets into sauce and reheat.

Soya Corn Pudding

1 cup cooked corn	1 teaspoon salt
$\frac{1}{4}$ cup soya grits or flour	Pepper
$1\frac{1}{2}$ cups milk, scalded	1 tablespoon chopped
2 eggs, slightly beaten	green pepper, if avail-
1 tablespoon melted fat	able

Mix the corn and soya. Add hot milk to the slightly beaten eggs. Blend all ingredients and pour into a greased baking dish. Set in a pan of hot water and bake in a moderate oven (350° F.) 1 hour, or until set. Serve from the dish.

TO STRENGTHEN THE STAFF OF LIFE

For best results in baking, sift soya flour before measuring just as you would other flour.

Soya Biscuits

$1\frac{3}{4}$ cups sifted flour	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup sifted soya flour	3 tablespoons fat
3 teaspoons baking powder	$\frac{3}{4}$ cup milk (approximately)

Sift the dry ingredients together. Blend in the fat. Add the milk, and stir quickly . . . but thoroughly . . . until all the dry ingredients are dampened. Toss onto a lightly floured board and knead gently a few times. Roll out to about one-half inch thickness, cut out biscuits, and place on ungreased baking sheet. Bake in a hot oven (425° F.) for 10 to 12 minutes.

Quick Soya Rolls

With marmalade. Reduce flour in above biscuit recipe to $1\frac{1}{2}$ cups, increase soya flour to $\frac{1}{2}$ cup, and salt to 1 teaspoon. Roll dough in oblong shape to $\frac{1}{4}$ inch thickness. Spread with $\frac{1}{2}$ cup citrus marmalade or tart jelly. Roll like a jelly roll and slice with a sharp knife. Place slices on well-greased baking sheet and bake in a hot oven (450° F.) for 15 minutes.

With cinnamon. Spread the rolled dough with softened table fat, and sprinkle with a mixture of 2 tablespoons sugar, 1 teaspoon cinnamon, $\frac{1}{3}$ cup raisins instead of the marmalade.

Soya Muffins

1 $\frac{3}{4}$ cups sifted flour	3 teaspoons baking powder
$\frac{1}{4}$ cup sifted soya flour	
Sugar if desired, up to 2 tablespoons	1 egg, well beaten
$\frac{1}{2}$ teaspoon salt	1 cup milk
	2 tablespoons fat, melted

Sift dry ingredients together. Combine beaten egg, milk, and melted fat. Pour in the dry ingredients, all at once, and stir just enough to moisten. Fill greased muffin pans and bake in a hot oven (400° F.) for 20 to 25 minutes.

For peanut butter muffins. Omit the fat, increase the milk to 1 $\frac{1}{4}$ cups, and blend $\frac{1}{3}$ cup of peanut butter in the milk.

Soya Prune Bread

$\frac{1}{2}$ cup sifted flour	$\frac{1}{2}$ cup finely cut prunes
1 cup whole-wheat flour	1 egg, well beaten
$\frac{1}{2}$ cup sifted soya flour	$\frac{1}{2}$ tablespoon lemon juice
3 teaspoons baking powder	$\frac{1}{2}$ tablespoon lemon rind, grated
$\frac{3}{4}$ teaspoon salt	$\frac{7}{8}$ cup milk
$\frac{1}{2}$ cup sugar	1 tablespoon fat, melted

Mix and sift dry ingredients together. Add finely cut prunes (soak prunes $\frac{1}{2}$ hour before cutting). Combine beaten egg, lemon juice and rind, milk, and melted fat. Add dry ingredients and stir only until blended. Pour into greased bread pan and let rise 20 minutes. Bake in a moderate oven (350° F.) about 1 hour.

Soya Bread (3 loaves)

2 $\frac{3}{4}$ cups milk, scalded	2 tablespoons fat
2 cakes compressed yeast	$\frac{1}{2}$ cup sifted soya flour
3 tablespoons sugar	3 $\frac{1}{4}$ cups sifted flour
3 teaspoons salt	

Cool $\frac{1}{2}$ cup of the milk to lukewarm, and soften the yeast in it. Pour remainder of milk, while still hot, over the sugar, salt, and fat, then cool the mixture. Mix soya and all but $\frac{1}{2}$ cup of the flour. Stir in liquid ingredients, mix thoroughly. Knead on a lightly floured board, working in as much of the unused flour as needed to make the dough soft, smooth, and elastic.

Let dough rise in a warm place until double in size. Punch it down to let out some of the gas, turn dough upside down, and let it rise again to double size. Punch it down again, divide into thirds, mold into loaves, and place in greased bread pans. Let rise until double in size.

Bake in a moderately hot oven (385° F.) for 15 minutes, then at moderate heat (350° F.) for the rest of the time. Bake 45 minutes to 1 hour.

Soya Spoon Bread

Mix together $\frac{3}{4}$ cup corn meal, $\frac{1}{4}$ cup soya grits, 1 teaspoon salt, and 2 cups cold water. Bring mixture to boil, and boil 5 minutes, stirring constantly. Add 1 cup milk, 2 or 3 beaten egg yolks, and 2 tablespoons melted fat. Fold in stiffly beaten egg whites. Bake in a greased baking dish in a moderate oven (350° F.) for about 1 hour. Serve at once from the dish.

Soya Griddle Cakes

1 cup sifted flour	2 teaspoons baking powder
$\frac{1}{4}$ cup sifted soya flour	1 egg, well beaten
Sugar if desired, up to	1 cup milk
1 tablespoon	2 tablespoons fat, melted
$\frac{1}{2}$ teaspoon salt	

Sift dry ingredients together. Combine the egg, milk, and fat. Add to dry ingredients and stir until blended. Bake on a hot griddle.

Soya Orange Nut Bread

1½ cups sifted flour	1 egg, well beaten
$\frac{1}{2}$ cup sifted soya flour	2 tablespoons orange juice
3 teaspoons baking powder	$\frac{1}{4}$ cup orange rind, grated
$\frac{3}{4}$ teaspoon salt	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup sugar	1 tablespoon fat, melted
$\frac{1}{4}$ cup nuts, broken	

Mix and sift dry ingredients together and add nuts. Combine beaten egg, orange juice and rind, milk, and melted fat. Add dry ingredients and stir only until blended. Pour into well-greased bread pan and let rise for 20 minutes. Bake in a moderate oven (350° F.) about 1 hour.

Soya Cheese Sticks

$\frac{1}{2}$ cup sifted flour	$\frac{1}{4}$ cup soya grits mixed
1 teaspoon baking powder	with $\frac{1}{4}$ cup milk
1 teaspoon salt	A little red pepper
$\frac{3}{4}$ cup soft bread crumbs	$\frac{1}{2}$ cup grated cheese
	3 tablespoons milk

Sift together flour, baking powder, and salt. Combine all ingredients and blend thoroughly. (An equal amount of soya flour may be used in place of the grits, but omit the $\frac{1}{4}$ cup milk.)

Roll the dough very thin on a lightly floured board; cut into narrow strips. Bake in a greased pan in a moderate oven (350° F.) for about 20 minutes, or until lightly browned.

Serve cheese sticks as a substantial addition to soups or salads—or instead of a sweet dessert.

Soya Dumplings

$\frac{1}{2}$ cup sifted flour	$\frac{1}{4}$ cup soya flour or grits
2 teaspoons baking powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup milk

Sift together the flour, baking powder, salt, and soya. Combine the beaten egg and milk. Mix all ingredients just enough to blend. Drop the batter by spoonfuls over boiling stew, kraut, soup, or gravy. Cover the pan tightly to hold in steam and boil gently for 15 minutes without lifting the lid. Serve at once.

To vary flavor, try putting $\frac{1}{4}$ to $\frac{1}{2}$ cup cooked, ground meat into the batter.

WITH CEREALS FOR MORE AND BETTER PROTEIN

Fried Soya Mush

Mix 1 cup corn meal with 1 cup cold water. Add $2\frac{1}{2}$ cups boiling water and 2 teaspoons salt; cook over hot water for 1 hour. Mix 2 tablespoons soya grits thoroughly with the mush and pour into a dampened oblong pan. When the mush sets, slice it about $\frac{1}{2}$ inch thick, dip lightly in flour, and cook slowly in a little fat until brown.

Soya With Hot Cereal

Substitute 2 tablespoons of soya grits for 2 tablespoons of cereal to each cup, when you measure the uncooked oats, wheat, or corn meal cereal. Season to taste.

Soya Rice Cakes

2 cups cooked rice	2 tablespoons chopped
$\frac{1}{2}$ cup soya flour	green pepper
2 tablespoons chopped	1 egg, beaten
onion	1 teaspoon salt
2 tablespoons milk	Pepper

Mix all ingredients thoroughly. Drop from a tablespoon into shallow fat and cook until lightly browned on both sides.

SOMETHING NEW IN SANDWICH SPREADS

A little soya flour does its bit toward making a sandwich spread nourishing. Blend the soya and other ingredients. If you don't use all the filling at once, keep it tightly covered in the refrigerator.

Peanut butter. Combine $\frac{1}{2}$ cup peanut butter, $\frac{1}{2}$ cup soya flour, and $\frac{1}{2}$ cup salad dressing or sandwich spread.

Apple butter. Combine 1 cup well-seasoned apple butter with $\frac{1}{2}$ cup soya flour.

Egg salad. Combine $\frac{1}{4}$ cup salad dressing, $\frac{1}{4}$ cup soya flour, add 2 chopped hard cooked eggs, $\frac{1}{4}$ teaspoon salt, pepper, and if desired a little mustard and chopped celery.

Cheese. Combine a 3-ounce package of cream cheese, or $\frac{1}{2}$ pound cottage cheese with $\frac{1}{2}$ cup soya flour. To heighten the flavor, add $\frac{1}{4}$ cup sweet red pepper relish. Or add 2 tablespoons salad dressing, $\frac{1}{2}$ teaspoon salt, and one of the following:

- 2 tablespoons horseradish
- 2 teaspoons onion pulp, 2 tablespoons finely chopped parsley
- 2 tablespoons chopped nuts.

FOR MORE HEARTY SOUPS AND SAUCES

To give the standard soups and sauces more food value, include soya flour or grits. Here are some recipes showing good amounts to use.

Soya Potato Soup

5 cups diced potatoes	4 teaspoons salt
4 thin slices onion	3 cups milk
3 cups boiling water	1 tablespoon fat
½ cup soya grits or flour	¼ cup chopped parsley

Cook the potatoes and onion in the boiling water until soft. Boil down the potato water, or add water so that you have 2 cups. Rice the potatoes and onion. Moisten the soya with ½ cup of the potato water. Then add the rest of the ingredients, except parsley, and bring to boiling point. Stir in the parsley.

If you wish, use 3 cups of diced carrots or turnips instead of 5 cups of potatoes.

Cream of Pea and Soya Soup

1 No. 2 can, or 2½ cups cooked peas	1 teaspoon salt
4 slices onion	Dash of pepper
2 tablespoons fat	4 cups milk
2 tablespoons flour	½ cup soya flour

Heat the peas a few minutes in their own liquid with the onion. Mash the vegetables through a coarse sieve.

Make a sauce of the fat, flour, seasonings, and 3½ cups of the milk. Mix the remaining ½ cup milk with the soya, then blend it in the sauce. Add the sieved vegetables and heat thoroughly.

Cream of celery and soya soup. In place of the peas and onion, use 2 cups chopped celery (leaves and stems, pressed measure). Boil celery in 2 cups water for about 10 minutes. Use this celery stock in place of 2 cups of the milk.

Cream of corn and soya soup. Use a No. 2 can or 2½ cups cooked cream-style corn instead of the peas. Cook corn and onion in 2 cups water for a few minutes. Mash through a coarse sieve. Reduce milk to 2 cups.

Cream of spinach and soya soup. Use 1 cup cooked chopped spinach instead of the peas and onion in the above recipe.

Soya Vegetable Chowder

2 cups diced carrots	$\frac{1}{2}$ cup soya grits
2 cups diced potatoes	1 cup milk
1 quart boiling water	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup diced salt pork	Pepper
$\frac{1}{2}$ cup chopped onion	

Cover and boil the carrots and potatoes in the water until almost tender. Fry the salt pork until crisp, remove from the fat. Cook onion in the fat until lightly browned, and add with the soya to the vegetables. Stir to blend and continue to cook 10 to 15 minutes. Add the milk, crisp pork, salt, and pepper. Reheat.

A Soya Soup Rule

To add soya flour to meat or vegetable soups: If you have 1 quart (4 cups) of soup stock, take out $\frac{1}{4}$ cup stock and mix it with $\frac{1}{4}$ cup soya. Combine with the finished soup for the last few minutes of cooking before the soup is served.

Sauces With Soya

White sauce. Melt 1 tablespoon fat, blend in 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, and a dash of pepper. Remove 2 tablespoons from 1 cup milk, mix with 2 tablespoons soya flour. Add remaining milk slowly to fat and flour, pour in soya-milk mixture. Stir and cook until thickened.

Cheese sauce. Start by making white sauce; remove it from fire and add $\frac{1}{4}$ cup grated cheese. Stir until the cheese melts.

Tomato sauce. Use the white sauce recipe, but replace the milk with 1 cup of tomato prepared this way: Heat cooked tomatoes a few minutes with 1 teaspoon chopped onion, 2 whole cloves, and 2 whole allspice, or a few grains of these spices. Then strain.

Brown sauce. Same as white sauce recipe, but use meat drippings for the fat, and meat juice or broth to replace the milk.

FOR DOUBLE-DUTY DESSERTS

Soya Pumpkin Pie

$\frac{1}{4}$ cup soya flour	$\frac{1}{4}$ teaspoon ginger or allspice
$1\frac{1}{4}$ cups milk	
$1\frac{1}{2}$ cups cooked pump- kin	$\frac{1}{4}$ teaspoon nutmeg or mace
$\frac{1}{2}$ cup sugar	2 tablespoons table fat
$\frac{1}{2}$ teaspoon salt	2 eggs, slightly beaten
1 teaspoon cinnamon	

Blend the soya with $\frac{1}{4}$ cup of the milk. Mix with the pumpkin and remaining milk, sugar, salt, and spices. Heat over hot water. Add the fat and beaten eggs, and mix well. Pour the hot filling into a deep prebaked soya pastry shell. Bake in a moderate oven (350° F.) about 30 minutes, or until the filling sets.

Soya Pie Crust (2 crusts)

$1\frac{1}{2}$ cups sifted flour	$6\frac{1}{2}$ to 8 tablespoons fat
$\frac{1}{2}$ cup sifted soya flour	3 to 4 tablespoons cold water
$1\frac{1}{3}$ teaspoons salt	

Mix the flour, soya, and salt thoroughly. Work in the fat lightly with the fingertips until the particles are about the size of large peas.

Sprinkle the water over the flour mixture while lifting lightly through the dough with a fork. Enough water has been added when the mixture sticks together with gentle pressure. Form into a ball and let stand 10 minutes before rolling.

Allow a little more than half the dough for the under crust. Roll between two pieces of wax paper or on a lightly floured board. Pat very lightly into a 9- or 10-inch piepan to prevent air bubbles remaining underneath. Roll and slash upper crust.

Put in pie filling and moisten rim of dough, cover with upper crust, and press the crusts together. Bake for 10 minutes in a hot oven (425° F.), then reduce heat to moderate (350° F.), and continue baking for 30 to 40 minutes to cook pie filling.

For a single-crust pie, use half the above measures, and bake in a hot oven (425° F.) for about 12 minutes.

Soya Applesauce Spice Cake

$\frac{1}{3}$ cup fat	$1\frac{1}{2}$ cups sifted flour
$\frac{1}{4}$ teaspoon cloves	$\frac{1}{2}$ cup sifted soya flour
1 teaspoon cinnamon	$\frac{1}{2}$ teaspoon baking soda
$\frac{3}{4}$ cup sugar	2 teaspoons baking powder
1 egg, well beaten	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{4}$ cups unsweetened applesauce	1 cup raisins

Cream fat, spices, and sugar together. Add beaten egg and applesauce. Sift dry ingredients together, add raisins, and combine with creamed mixture. Mix well, pour into greased pan, and bake in a moderate oven (350° F.) about 1 hour.

Soya Cranberry Steamed Pudding

2 cups cranberries	$\frac{1}{2}$ teaspoon salt
1 cup sifted flour	$\frac{1}{4}$ cup fat
$\frac{1}{2}$ cup soya flour or grits	$\frac{1}{2}$ cup sugar
$2\frac{1}{2}$ teaspoons baking powder	2 eggs, well beaten
	$\frac{1}{2}$ cup milk

Pick over the cranberries, wash, dry, and chop them. Mix 2 tablespoons of the flour with the berries. Sift together remaining flour, soya flour, baking powder, and salt. (If soya grits are used stir them into sifted dry ingredients.) Cream fat and sugar, add well beaten eggs. Add dry ingredients alternately with milk. Fold in cranberries. Turn pudding into greased mold and cover. Steam for 2 hours. Serve with hot cranberry sauce.

For variety, use 2 cups drained cooked cherries in place of the cranberries.

Soya Cranberry Sauce for Pudding

$\frac{1}{3}$ cup sugar	1 cup cranberries
1 tablespoon cornstarch	1 tablespoon soya flour
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ tablespoon table fat

Mix the sugar, cornstarch, and salt. Add 1 cup boiling water, heat and stir until thickened. Cover and cook for 20 minutes over hot water. Meanwhile cook the cranberries until soft with $\frac{1}{2}$ cup water. Press through a fine sieve. Add the soya, mix well and combine with the cornstarch mixture. Blend in the fat, and serve hot.

Graham Cracker and Soya Pudding

2 tablespoons fat	½ cup soya grits or flour
¼ cup sugar	1 teaspoon baking powder
2 eggs, well beaten	½ teaspoon salt
½ teaspoon vanilla	1 cup milk
1½ cups crushed graham crackers	½ cup chopped nuts, if desired

Cream the fat and sugar. Slowly add the beaten eggs and vanilla. Mix the graham crackers, soya, baking powder, and salt; then add them to the first mixture with the milk. Fold in the nuts. Bake in a greased dish in a moderate oven (350° F.) about ½ hour or until the pudding sets and is lightly browned.

Soya Chocolate Souffle

1 tablespoon fat	2 tablespoons soya grits
1 tablespoon flour	2 eggs, separated
½ cup milk	¼ teaspoon salt
1 square chocolate	½ teaspoon vanilla
¼ cup sugar	

Melt the fat, blend with the flour, add the milk, and cook until thickened, stirring constantly. Melt the chocolate over hot water, add to the white sauce with the sugar and soya. Mix well. Add this hot mixture to the well beaten egg yolks. Fold in stiffly beaten egg whites to which the salt and vanilla have been added. Bake in a greased dish in a very moderate oven (300° F.) about 45 minutes, or until set in the center.

Soya Apple Betty

2 cups soft bread crumbs	1 teaspoon salt
½ cup soya grits mixed with ½ cup water	1 quart diced apples
½ cup sugar	2 tablespoons melted fat
1 teaspoon cinnamon	Lemon juice, if wanted

Mix the bread crumbs and moistened soya. Mix the sugar, cinnamon, and salt. In a greased baking dish put a layer of the crumb-soya mixture, then a layer of apples. If apples are mild-flavored, you may wish to sprinkle a little lemon juice on them. Sprinkle on the dry seasonings.

Repeat the layers until all ingredients are used, saving enough crumb-and-soya for a top.

Pour the melted fat over the top, put on lid, and bake from 30 to 45 minutes or until the apples are soft. Toward the last, take the cover off, so crumbs will brown. Serve the dessert hot, with top milk, cream, vanilla or lemon sauce.

Soya Cornstarch Pudding

6 tablespoons cornstarch	$\frac{1}{2}$ cup cold water
2 tablespoons soya flour	1 quart milk, scalded
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	

Blend cornstarch, soya, sugar, and salt with the water. Add hot milk and cook uncovered over hot water until thickened; stir constantly. Cover and cook for 25 minutes more; stir occasionally. Remove from heat and add vanilla.

Serve plain or stir in about $\frac{1}{4}$ cup chocolate tidbits, chopped figs, dates, prunes, or other flavorful fruits.

Chocolate soya cornstarch pudding. Melt 2 squares (2 ounces) chocolate in the milk when you scald it. Decrease cornstarch to $\frac{1}{3}$ cup and increase sugar to 1 cup.

Soya Oatmeal Cookies

$\frac{1}{3}$ cup fat	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon cinnamon
1 egg, well beaten	$\frac{1}{4}$ teaspoon cloves or
2 tablespoons molasses	nutmeg
$\frac{1}{4}$ cup hot water	1 cup rolled oats
1 cup sifted flour	$\frac{1}{2}$ cup soya flour or
2 teaspoons baking powder	flakes
	$\frac{1}{2}$ cup seedless raisins

Cream fat and sugar, and add beaten egg. Combine molasses and hot water. Sift dry ingredients (except soya) together and add to creamed mixture alternately with water-molasses mixture. Combine rolled oats, soya, and raisins, and stir into cooky batter. Drop onto a greased baking sheet. Bake 10 to 15 minutes in a moderately hot oven (375° F.). Makes about 3 dozen cookies.

Soya Gingerbread

1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup soya flour	1 teaspoon ginger
$\frac{3}{4}$ teaspoon soda	$\frac{1}{4}$ cup brown sugar
1 teaspoon baking powder	$\frac{3}{4}$ cup molasses
$\frac{1}{4}$ teaspoon cloves and	1 egg, well beaten
$\frac{1}{2}$ teaspoon cinnamon,	1 cup boiling water
if you have them	$\frac{1}{4}$ cup fat, melted

Mix and sift the dry ingredients. Stir the brown sugar and molasses into the well-beaten egg. Add the boiling water, melted fat, and dry ingredients, stirring all the time until well mixed. Pour into well-greased cake pan. Bake in slow oven (300° F.) for 40 to 45 minutes.

Serve plain or topped with applesauce or other fruit sauce, cottage or cream cheese, softened with a little milk or tart jelly.

Soya Indian Pudding

$\frac{1}{4}$ cup corn meal	2 tablespoons soya grits
1 quart milk	$\frac{1}{2}$ cup molasses
1 teaspoon salt	1 teaspoon ginger

Cook the corn meal, milk, and salt over hot water for 20 minutes. Stir in the soya, molasses, and ginger. Pour into a greased baking dish and bake in a very moderate oven (300° F.) for about 2 hours.

Issued by

**BUREAU OF HUMAN NUTRITION
AND HOME ECONOMICS**

Agricultural Research Administration

U. S. Department of Agriculture

Washington, D. C.

Revised, April 1944